

3
STRICTURES ON THE GOUT.

WITH

PRACTICAL ADVICE

TO THE

GOUTY PEOPLE of Great Britain.

[Price One Shilling and Six Pence.]

STRICTURE ON THE GOVT.

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STRICTURES ON THE GOUT:
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BY SAMUEL WOOD,
A RECOVERED ARTHRITIC. K

The System of easy Regimen and mild Medication, here recommended, the Author adopted about four Years since; from which he has experienced a gradual Decrease of his Fits, and Abatement of their Violence; enjoys perfect Health, with every Reason to believe it will continue; Walks four, six, and often ten Miles a Day, and sometimes more, with his Joints perfectly free from the least Contraction, after having been severely afflicted with the Gout upwards of twenty Years.

L O N D O N:

Printed for JOHN BELL, near Exeter-Change in the Strand;
and JOHN SEWEL (Successour to Mr. BROTHERTON) in
Cornhill. 1775.

P R E F A C E..

A Performance of this kind will scarce attract the attention of any but those to whom it is addressed; so that any representation as a precaution to those who have not experienced the powerful effects of the Gout, would be of little avail, as few people in health anticipate disease, especially those of a gouty complexion, who, according to Sir William Temple, are generally frank and generous, and love to enjoy health while they have it without reflecting much on what is to follow. It would undoubtedly, in many cases, be the means of preventing much future pain and misery, could the yet healthful be prevailed on to make a pause in the career of their enjoyments; and, by taking a view of others who have gone before them, endeavour, by a different conduct, to enjoy sufficient pleasure, and escape those disorders with which they see others suffer.

The Faculty, as it is within their line of action, probably may take a peep at it; and when they discover that the Author, not being one of the Profession, presumes to advise his readers in matters of health, to think, and in many instances to judge and act for themselves, there is no doubt but such an innovation in their province will be treated with that indifference and

contempt by them, which, for that reason, may be expected; though it is no more than following the counsel of some of their own body, justly esteemed, both for their integrity and abilities.

Those, whose curiosity is ever in chase after novelty only, will find but little entertainment; for here is no new hypothesis started, only a collection of theories relative to the Gout, for the speculation and instruction of such of my readers who may not have read any other Author on this subject; which, I presume, may, in some measure, both induce and enable them to think, and, in some degree, to act and judge for themselves. In this work I have paid attention only to what has appeared to me necessary to answer the end proposed; and which, in my opinion, carries the face of probability, or is practically true; leaving the airy hypothesis, and false reasoning of every physical Author, whose works have fallen into my hands, some of which, tho' extremely ingenious, appear to me to be wrote more to proclaim the Author, than to assist the Patient; I would not be understood to mean any reflection on the Faculty: an honest and able Physician I honour as a man, who is, at the same time, an ornament and a blessing to mankind; but, with Dr. Cadogan, I must say, "That I do not esteem every Doctor that goes about taking guineas to be such."

Those

Those who may expect a disease, years in possession of the whole habit, to be removed, and nature immediately restored, as by magic or a charm, will not find any thing to coincide with their ideas of a cure; but, on the contrary, they are told, that great alleviation is morally certain in most, if not all cases, and even a cure in many; but neither is to be expected from Medicine alone, but by perseverance in the method advised.

Those that are more reasonable in their expectations, but who, at the same time, may dread being surcharged with Medicine; they will find their apprehensions ill-grounded; and also discover, that the benefit derived from Medicine does not always consist in the quantity; for I have taken more in quantity in two days, than by the System here advised is sufficient for a year.

With men of learning and nice distinction, the frequent repetitions in the following sheets would incur the charge of tautology, were it not considered, that in a performance of this general address, it is necessary to accommodate it to every comprehension; and to repeat more frequently those things which are intended to be impressed most forcibly on the mind of the reader.

Mr. George Sayer, an eminent Apothecary in the City of London, a man of great natural endowments, literature, and of al-

lowed great abilities in his profession, was, on my account, the Inventor of these Medicines, from an especial application to the study of this disease, to which he was induced by the great intimacy between us, my earnest intreaties, and the deplorable state I was in when I put myself under his care;* when some time more than a year

* The occasion was this: Having had a long and most violent fit of the Gout, the virulence being abated, I was every day got up, when some unusual symptoms appeared; for, instead of decreasing, my joints and limbs increased in size, and my lower extremities, from my hip to the points of my toes, were enlarged, so as to have the appearance of what we see in a Dropsy: the skin was extended to that degree as not to yield without violent pressure, and which I scarce felt, unless at the joints of my knees and ancles, and just below my hips, where the least touch gave me excessive pain; my body, at the same time, though not swelled, felt to me as if blown up with wind, and which I conceived from the touch as passing through all my intestines, making a noise during its course to be heard in the next room; and this was repeated several times before any discharge would happen, which was chiefly by violent eructations; my eyes appeared as in the jaundice, and my languid looks were truly expressive of my feelings; for I had such a restriction in the region of my breast, that I could not breath without difficulty, with continual prickings all over the inside of my body; I was extremely distressed in my spirits; and, at times, would break into profuse sweats: as this increased gradually, it was not so perceptible to myself as to my friends; who, alarmed, unknown to me, communicated their apprehensions to Mr. Sayer, between whom and me there was the greatest intimacy; he, with two of them, came to see me as a friend, and gave them his opinion after parting: the next day the same two friends came at the time I expected a visit from the gentleman under whose care I was, and had been for two years; after some conversation they told him their apprehensions and reasons, desiring him, if he conceived any danger, to call in assistance; he departed, assuring them there was no danger, and, that in time, I should do very well: but from that time my Physician, so I must call him from his profession, never more visited me.

after

P R E F A C E.

after my first taking them, seeing their effects answer his intention, and having a disorder which menaced him with sudden death, and which did happen, he gave me the whole process, both of the preparations, which are entirely new, and the proportion and manner of compounding them, as in their present form; so that the relation I stand in, respecting these Medicines, is no other than as the fortunate cause of their existence, the subject of their operation, and, in my own person, the happy testimony of their effects, and the accidental publisher thereof; to which I was propelled by that disposition of mind that can derive happiness to itself from being the instrument of it in others.

As the cause which induces me to become an Author is merely accidental, I cannot deem myself entitled to any reflections on that head: had the Inventor of the Medicines survived the experience of their efficacy, they would have found their way into the world in the course of his practice, and by his means; in which case I should not have appeared at all as an Author, in this or on any other subject; for as I do not feel any impulse of vanity to urge me to believe that nature has made me competent to the task, inclination would never have prompted me to the attempt, could I have been satisfied of any other way so likely to extend the knowledge and benefit of them to my fellow-sufferers with

equal facility, and also security to them in respect to the genuineness of the Medicines, as that which I have adopted.

Therefore, as I make no pretensions to any merit in this performance, the candid, I doubt not, will allow me every indulgence; and when the motives that have induced me to the undertaking, and the end proposed are considered, I hope the intention will compensate for the defects in the execution; and that it will be allowed to be in some degree laudable to endeavour to pilot my afflicted brethren, who may be in danger of being wrecked by the tempest of arthritic torture and decrepitude, into the harbour of relief, ease, and recovery, thro' the same channel, and by the same means, by which I have arrived safe,

London, August 15,
1775.

S. WOOD.

C O N -

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 ERRATA:

- Page 5. line 21, 22. from him, *read* from Dr. Hervey.
 Page 5. line 23. motion: *read* motion,
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 Page 32. line 36. at all; *read* at all
 Page 43. line 26. overcome, *read* overcomes.
 Page 44. line 27, 28. any more, *read* any, more &c.
 Page 48. line 34. though there may be, *read* seem to be.
 Page 49. line 23. as soon as the cure commences, *read* as soon as resolved upon.
 Page 53. line 18, 19. in this manner then, by turning, *read* in this manner, &c.
 Page 54. line 20. quantity, *read* quality.
 Page 56. line 5. oiled skin, *read* oiled silk.
 Page 59. line 12. so that from, *read* and from; line 14. my, *read* and; and line 17. functions. *read* functions, my

STRICTURES

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CHAP. I.

The Gout, a Disease in the first Ages of Physic, particularly noticed by the most ancient Authors.—Opinions, touching the Causes of Diseases, were Conjecture only, before the Discovery of the Circulation of the Blood by Dr. Hervey.

THE Practice of Physic has now been regularly more than two thousand years; considering which, together with the many Treatises on the Gout, wrote by the most learned, in almost every age, it is unaccountable the Medical Art should have made no greater progress in this particular: Our wonder here can be abated only by considering the unenlightened state of the ancient Practitioners;* with them all was mere conjecture; indeed it was impossible for them to know much. Before our im-

* Etmuller greatly lamented the little knowledge of simples, the doubtfulness of the indications of diseases, and the inefficacy of remedies in use in his time.

mortal Hervey's Discovery of the Circulation of the Blood there could be no *Physiology* at all, nor any knowledge either of the internal structure or action of any one part of the body. Before the justly-celebrated *Afellius* and *Pécquet* there could be no idea of nourishment; nor was it known how our food passed into the blood; whether it did, or what became of it. But since these lights have shone in upon us, all the ancient conjectures, reasonings, and systems, must vanish like morning clouds before the sun.*

I heartily wish, in the manner of these, every Arthritic would banish from him that too-prevalent notion, that the Gout is not to be cured; founded upon the absurd reasoning, that were it possible, the discovery would long since have been made. Let us suppose that the same opinion had prevailed respecting the discoveries above-mentioned, and others since made, cutting for the stone, &c. these, and the present excelling Practice of Surgery, must be fully convictive of such false reasoning: A little attention to the present state of things would convince such reasoners of the futility of their supposition; for whilst every Art and Science is daily and rapidly improving, would it not be a degree of impiety to suppose the Almighty has restricted our endeavours in matters so essential to the

* *Baglivio*, whose works went through ten editions in thirty years after they were first printed at Rome. This great man pointing out the causes, preventing the advance of medicine, tells us, "All wrote to his time gave so little light that the most learned professors were in the dark, not knowing who to believe, what doctrine to follow, or course in the cure of diseases; in a word, that medicine, so far from having increased to a proportionate stature, was yet swaddled, and in the cradle." See his general Prologue to second volume.

happiness of the human race? The present advanced state of the Medical Art is a full reply to such erroneous opinions, and demonstrative of the just distribution of Omnipotent Goodness and Mercy.

From an opinion of the Gout being incurable, innumerable evils arise; and the generality of mankind having yielded to it, the rational means of relief are neglected; and instead of using such, which a little knowledge of the disorder, reason and reflection would dictate, they pursue the most certain methods to irritate nature. On the first attack, the friends of the afflicted, most absurdly, wish him joy; advise him to drink plentifully of Madeira, and other strong wines, or of punch, in order, as they say, to keep it out of his stomach, and to keep up his spirits: this being the advice on the first attack, with the addition of patience and flannel, the patient receives it as the proper regulation of his future conduct; and concludes, that it is all that is necessary for him to know, or do: this proves to him a source of increasing evils; for, by this management, he suffers more frequent and violent attacks, aggravated, at each return, by the same injudicious treatment, till, by their repetitions, he becomes a very martyr to the Gout's "fierce rack;"* each fit is prolonged, and the intervals shortened; and, in a few years, he is reduced to an object of compassion, useless to the world, and a burden to himself.

That this is most frequently the case, I believe will meet with the assent of the major part of the afflicted; and, that it is too much so, I can affirm from experience, having been, for

* Prior.

many years, the unhappy victim to such Error. The experience of twenty years hath confirmed to me the difference between the consequence of such pernicious conduct, and the happy effects resulting from a contrary system. It is therefore from a wish and desire to have others as happy as myself, that I am induced to walk out of my province, in hopes to awaken my arthritic brethren to an attention to their own welfare; and, by laying before them, what most forcibly struck mine, and led me to adopt and continue a system (from which I have experienced the most happy consequences) induce them to think a little for themselves; at the same time to leave the erroneous and pernicious track of custom for such means as are founded upon reason and experience; and though there may not yet be found a radical cure, there are most certainly means to obtain great relief for most, if not all, afflicted with this cruel disorder; but neither are to be expected from medicine; these happy effects are only to be procured from a regular system, aided by medicine; and I am of opinion there are many persons of particular make and habit of body at present martyrs to the Gout, who thus may meet with a perfect cure: And as the knowledge and means to procure these happy effects are now in our power, and the physical equally with every other art and science daily improving, why should we not enjoy with confidence the pleasing expectation that a radical cure may be found in most if not all cases?

C H A P. II.

The great Advance of Medical Knowledge.—
Causes of various Diseases now clearly understood.—The happy Consequences attending the present and succeeding Generation, and probability that a radical Cure may be found.

THAT there is a reasonable foundation for what I have advanced in the preceding chapter will, I think, appear from the following review of what is declared by some learned physical authors: they say, that in physic, very many are the improvements in the cure of diseases, and in the use of a variety of medicines that were unknown to the ancients, and no less in the chemical and Galenical preparations of these: Galen, Paracelsus, and their followers, (against whom, in their time, none dared to speak) have been excelled, and their errors confuted.* In surgery the cutting for the stone, and every other operation, speaks its superior excellence; and the severe operations of actual and potential cautery have yielded to the milder ones of Ligature and Incision. In anatomy, at the beginning of the seventeenth century, the circulation of the blood was discovered by Dr. Hervey; of which, Hippocrates, the great father of physic, had no conception, though from him we derive the first clear account of the blood's motion: At this time there is not a professor

* Galen a long time continued his tyrannic dominion with the lancet; and a great quantity of blood was spilt till the beginning of the sixteenth century, when Paracelsus revived the ancient hermetic philosophy, attacking Hippocrates and Galen with great fury; he had many followers: His disciple Oporius has left us a number of cures said to have been performed by him.

but perfectly understands it, and can give a better account of the organism and functions of the animal œconomy. Indeed, since the discovery of the blood's circulation by the incomparable Dr. Hervey, it is much more easy to account for life, for health, and for diseases; since the course of the chyle from the intestines to the blood, and various small glands have been discovered, and having adverted to the winding of the duodenum, which is justly called a second, or kind of auxiliary stomach, in which two humours meet, the bile and pancreatic juice, we are able to give a better and more rational account of digestion, chylication, sanguification, and of the generation of diseases, which have their seat in the first passages.

Since the lymphatics have been discovered, and the structure and use of the glands fully displayed; and since the passage of the chyle through the lacteals and thoracic duct has been known, we are much more able to explain and account for diseases which arise from a fault in the glands and lymphatics, or from a depraved nutrition.

Since the structure of the viscera, lungs, brain, and liver, has been known, as also that of the kidneys, the origin and causes of diseases incident to them have been much better understood.

Since it has been evidently shewn that the compages of the spleen are vascular and cellular, we have fairer opportunities of discovering the diseases that have their seat in this organ, and of finding out a proper and adequate method of curing them.

Since we know the peculiar and astonishing structure and distribution of the vena porta, performing at once the office of an artery and vein,

vein, and since we now know the origin, situation, and course of the hemorrhoidal vessels, we can with greater ease explain and account for those diseases which follow from a fault in these vessels, and an interruption of the progressive motion of the blood through the abdominal viscera, of which class the hypochondriac disorder is not the least considerable.

Since we know the admirable fabric of the uterus, and are satisfied in what manner the blood circulates through its contorted vessels, we can without difficulty discover the diseases incident to it, and account for them and symptoms attendant on clear and intelligible principles.

Since our knowledge of the origin of the nerves from the brain and spinal marrow, and of their admirable distribution into curious ramifications, we readily account for and explain spasmodic and convulsive disorders, particularly hypochondriac and hysteric affections, and their most formidable symptoms; and in consequence of this discovery the consent of parts too, especially those of the nervous kind, and the method by which disorderly and preternatural motions are communicated.

Since the admirable organ of hearing has been accurately described, the defects and impediments of hearing are better understood than before.

Since the small glands of the joints have been discovered, the origin and cause of disorders in them are more plain and obvious than they formerly were.

Since by the injection of tinged liquors, we have been able to discover the innumerable and strangely varying windings of the capillary vessels, our knowledge of the secretory organs, and,

and, consequently, of the several disorders they are subject to, is more clear and distinct.

It is obvious that the geometrico-mechanical structure of the muscles, and the muscular compages of the heart, are discoveries of singular service in determining the motion of the joints, understanding the force and pressure of the heart, and the impulse of the fluids.

All the anatomical discoveries of the moderns have contributed to illustrate and improve the healing art; and our modern improvements in natural knowledge, and in experimental philosophy, have also thrown new light on some of the most intricate branches of medicine. Societies established for collecting and publishing of medical observations have contributed greatly to the improvement of the art. The gravity and elasticity of the air being known, with the causes of heat, cold, causes and nature of fermentation and putrefaction, the effects, whether natural or artificial, produced by various salts and sulphurs, we clearly understand the power of the air in changing the motion of our fluids, and the generation of material or immediate morbid causes: In consequence of these discoveries, the virtues and efficacy of medicine are more familiar to us than they formerly were.

Since the stated laws of motion have been ascertained and demonstrated by statical, mechanical, and hydraulic experiments, we better understand whence proceed the moving force of the muscles, the elastic power of the heart and fibres, their strength, want of tone, spasmodic constructions, pressure or impetus upon the fluids, and the wonderful and surprising effects produced by an irregular circulation of the blood.

From

From this cursory review of the present improved state of medical knowledge, it is evident we have greatly the advantage of our ancestors: in consequence of the happy effects of these discoveries, we now see many diseases cured with facility, with which the afflicted of those days bore, and closed a wretched existence. Is not this an ample foundation to entertain a comfortable hope that the Gout may soon submit in like manner?

I have observed I was for many years an unhappy victim to error; consistent therewith, I was, at the same time, a perfect infidel respecting the possibility of a cure; till, perusing the foregoing history, I was struck with the many discoveries made in the wonderful mechanism of man, and the effects resulting therefrom: forming from thence ideas to which I was before a stranger; and, so far as I was able, taking a comparative view of the past and present state of medical knowledge, this, from the discoveries above recited, appeared to me so superior to that of preceding ages as to induce me to believe, notwithstanding the general opinion against it, in a possibility of a cure for the Gout: to this belief my former gave way, a resolution took place, to which has succeeded a new system of conduct, from which I experience the happy alternative from pain, decrepitude, continual languor and depression, to ease, comfort, activity and chearfulness—from misery to happiness.

C H A P. III.

The great Humanity and Merit of some late Authors who have given their Opinion and Advice to Mankind in so clear and full a Manner as to be understood by the Attentive of very moderate Capacity.

FROM the great number of authors on this more than on any other disease, it seems that it has claimed the particular attention of the faculty: from whence should this arise? what should excite so extraordinary an application to this disease, unless it be the certain unhappy state of the miserable arthritic? * In most other diseases the attacks are but seldom, and the crisis sudden; this past, the patient soon recovers his former strength, and feels little, if any, inconvenience from it after, and perhaps does not experience more than two or three attacks during life: but the arthritic has ever been the unhappy victim to perpetual relapse, dread and decrepitude; from him the hope of perfect recovery is cut off by the objects daily before his eyes: if he is wealthy, he is excluded from the superior enjoyments of life, which ample possessions would otherwise enable him to obtain; if in middling circumstances, he is disabled from improving them or enjoying the comforts of life in that station, if not, by being rendered inactive, reduced to necessity; and if poor, most certain misery and distress must be his lot. Life is imbittered in every station; for what

* —The sleepless Gout here counts the crowing cocks;
And wolf now gnaws him—now a serpent stings.

THOMSON.

happiness

happiness can there be, even for the rich, in such a state? or for the man who before was happy in prosecuting his views in life, hoping, through his industry and care, to obtain the means of enjoying the comforts thereof, and to provide something for his posterity, who now finds himself totally incapacitated, through this devouring harpy, from pursuing the means for the accomplishment of these naturally-desirable ends? or, what for the poor man, comfortable, in the daily provision his labour procures, now made wretched! These distressful scenes, daily before the eyes of the physician, must call forth the compassion of the feeling man; and this most unhappy state of the sufferers may, I conceive, have been the reason that has induced the faculty to labour at the investigation of a disease, whose effects are so severe and lasting, and replete with such terrible consequences; and great must be the merit of such authors, who have, by their works, endeavoured to give general information to their brethren, of what fell within their practice, that might throw any new light upon the subject. This, no doubt, has improved practitioners, but furnished little or nothing for the contemplation of the patient; for it has been too generally the practice of physical authors to write to the faculty only, and in Latin; and, when in English, their works have been loaded with technical terms, and therefore understood by the learned and initiated alone; to the bulk of mankind, and to the afflicted, they have been unintelligible; no man could reply to what he did not comprehend, or reason on a matter of which he had no conception; and from these works no knowledge could be derived to the generality of the afflicted; no idea could be obtained of the cause

of their affliction to enable them to think for themselves; the opinions of authors remained obscured from the bulk of mankind, and the afflicted continued to suffer in ignorance.

Two late authors, in my opinion, deserve much honour for the singular merit and humanity apparent in their works: the first, in point of time, was not of the faculty*; but a man of learning, science, and great abilities: he, from experience, was sensible of the advantage accruing to a patient from comprehending the cause and effects of the Gout: “Considering
“also, that it is probable he may not have an
“opportunity of seeing every thing material
“the physicians have said upon the Gout; or,
“perhaps, amidst all the terms of art, in which
“the several reasonings have been recited, finds
“himself intirely at a loss to comprehend them;
“I have endeavoured to collect every thing of
“importance that has been advanced on the
“subject; and, as I am not writing for the
“learned, to make its best philosophy speak a
“language more intelligible than it hath yet
“appeared in.”—This arduous and laborious undertaking he most ably and faithfully performed at the expence of great labour, depriving himself of that ease which nature requires, and which is necessary, at the time of day he wrote, to make life comfortable; for which every one who has read, and consulted him with the same attention that I have, must bear testimony, and revere his memory for his humanity, application, and abilities.

The other is of the faculty†; but, throwing aside the veil, he speaks the language of philosophy, without the terms of art; he wrote at

* The late Rev. Dr. Warner. † Dr. Cadogan.

a time when a strange infatuation had possessed the minds of many in favour of the ridiculous pretensions of a German; many paid this foreigner a certain round sum for uncertain relief; and those, who are the lucky survivors, can but tell if the loss of their money is not the least evil attending their credulity. This author has also the merit of being intelligible to all; and his humanity does him great honour; for he declares, * “ That he wrote at that time with a
“ view of engaging mens attention to their own
“ happiness; and diverting them from the delu-
“ sions of art to the realities of nature; as I see
“ now so many, and hear of more, who are
“ throwing away not only their money very
“ foolishly, but, as I verily believe, the future
“ health of their lives also. †

From the two abovementioned respectable authors, as well as some others, I shall make some quotations in the course of the following sheets; so that my readers may, without rummaging many authors, have in one view sufficient to give them an idea of the cause and nature of the Gout, and to enable them to think a little for themselves.

* Page 9. † Page 15.

C H A P. IV.

Every Man that duly regards his Health should endeavour to comprehend, as much as possible, the Cause and Nature of his Disorder; thereby meeting the Endeavours of his Physician, a comfortable Alleviation, if not a perfect Cure, may be obtained.

THIS is especially necessary, as his future ease or misery depend much upon his own conduct. The man that enters into this inquiry will soon grow attentive to himself, and gradually distinguish and mark the different effects of various causes arising from matter internal or external.

In order to assist those in their inquiries, who may think it worth their while to attend to their own welfare, and are willing to be at a little trouble to exchange pain for ease, we will take a short view of what is received into the body, through its different stages, till it is discharged therefrom; in which will appear the many impediments to which such discharges are liable; and when an obstruction happens in any of these stages, at the same time, what an ample foundation is laid for this and many other disorders.

The first scene of alteration, in what is taken in, is in the stomach and intestines; the offices of which are to prepare the chyle; that is, to digest the materials that serve for nourishment, sufficiently fine, to be admitted through what are called the Lacteals into the blood; these are long and slender pipes which arise from all parts of the small guts, the coats of which are so thin that they are not to be seen in a dead body by the naked eye; and their mouths, which
open

open into the cavity of the intestines, are so small as not to be discerned by the best microscope: exquisitely fine then must that aliment be dissolved, or ground, that is to pass through these vessels. Much, however, of what is taken into the stomach is too gross for the power of the organs of digestion to grind or dissolve sufficiently fine to pass through the lacteals, and is detached out of the body by stool: this process is called the First concoction; and the stronger the digestion is, the greater quantity of our food is sent forward into the blood; and the weaker it is, the more is supplied to the matter of excrement. From this general rule of the first evacuation, which, without extraordinary circumstances, is never deviated from, the following practical observation will arise, "That a too-
" astringent diet, and what causes a preter-
" natural retention in the intestines, will force
" a grosser juice into the lacteals than would
" otherwise get into them; and, on the con-
" trary, a laxative diet, or a frequency of stool,
" carry off the grosser juices that way, and
" leave nothing to pass the lacteals, but what
" is of the finest consistence."* The lesson which the Gouty are taught from this observation, "to keep the body open," is too important not to be regarded, and too plain to be misunderstood.

† After this disposition of the aliment in the first concoction, the next scene is in the heart and arteries; these are well known by every one: one of their offices is to break what is in the blood, and other fluids, fine enough to be still farther separated in the minutest passages for the different purposes of life; and this is

* Vide Warner. † Dr. Quincy, p. 410.

effected

effected by what anatomists call, "A decreasing series of vessels." What is hereby meant, may be understood by the following; * the red globules of blood, with all the other parts of the circulating fluid, which are conveyed in vessels of the largest diameter, when they arrive at other vessels whose diameters are too small to receive them, are either taken up and conveyed to the heart by corresponding veins (which is called the reflux blood), or being divided into several parts, till at last they become transparent, circulating forward in the next series of vessels, which we may conceive adapted to convey serum; the next may possibly be capable of receiving only lymph or water; the next a fluid still finer, till, at last, the most minute vessels in the body may convey a fluid consisting of finer particles than we can form an idea of, as not being objects of our senses: yet, notwithstanding the surprising force of the heart, and power of the stomach, such is the nature of our aliment, when in the blood, that some of its particles will again unite, nor will all of them be sufficiently comminuted by the heart and arteries for the purposes intended, and are therefore strained off by the kidneys, and discharged out of the body by urine: hence it follows, as in the first scene, that the stronger this faculty is in the heart and arteries, the more is propelled into the minuter passages; and the weaker it is, the greater quantities are evacuated by urine; and from this rule springs another observation of a similar nature with the former, that a preternatural restriction of the urinary passages, by whatever cause, will occasion a greater abundance, and a grosser stock of fluids in the more

• Dr. James.

minute

minute and ultimate scenes of separation, than would otherwise be: and, on the other hand, a laxity of the urinary passages will suffer those grosser fluids to pass, and leave what remains much finer than before: and, it is to be observed under this head, that the defects of the first concoction may be remedied by this, and the too-gross particles forced into the blood, by an improper restriction of the bowels, may find their outlets at the kidneys, and from thence out of the body: be it therefore particularly remembered by all who have the Gout, that the urinary secretion must be kept up by diuretic and diluting liquors.

Most physicians distinguish a third concoction: and that in this last stage of circulation the force and elasticity of the fibres are the principal agents to reduce the fluids that are separated from the blood by the vibrations and influence of exercise, till being fine enough to pass the smallest passages for the several purposes of life, they escape through the pores by sensible or insensible perspiration: it also follows here, as in the first and second process, that the stronger this natural force of the fibres is, and the more their action is assisted by exercise, the greater quantity will transpire insensibly; and the weaker their force and assistance by exercise, less of this perspirable matter will pass through the pores: and here it will naturally occur, that a weakness of the fibres from whatever cause, and a want of exercise to assist their motion, must leave a great deal more of the perspirable matter to be taken back by the reflux blood to be thrown off by the more open outlets, than otherwise would be; or clog the habit with such particles as will lay a foundation for pain, tumours, and

many miserable complaints.* It hath been demonstrated, that insensible perspiration alone is more than equal to all the sensible evacuations together, as five to three; and that it is also the most beneficial: but it will be very proper to distinguish between perspiration and sweat, as the first preserves, and the other, unless to give relief from a greater evil, is prejudicial. It may be observed from the preceding, that what passes off by insensible perspiration, is only such matter as, after a long course of circulation through every canal, is divested of every thing that can be of further use to any part of our system; and is so firmly broken, or dissolved, as to pass away without loss or injury; whereas the matter of sweat, being of a more gross consistence, and supplied more immediately from the blood, not only robs the body of a great deal of its nourishment, but relaxes the fibres so much as, in a great measure, to destroy their elasticity; upon which the last digestion and perspiration, and consequently the health of the Gouty, so much depend. It is therefore to be noted, that the arthritic should not be abroad in a damp air; and he should avoid sweating as much as possible, by exercise or otherwise, unless medicinally intended.

This cursory view of the several circulations which our aliment undergoes, is an excellent lesson to the arthritic, and hath afforded some

* Sanctorius, who first brought forth the plausible system of mathematical medicine; in which, according to statical and mechanic rules, is considered the alternate force of the solids and fluids of the body; and all the physician's care must be to preserve an equilibrium, sometimes favouring the one, sometimes the other; for the advantage being declared on either side, ruin will be threatened to the animated republic.

degree of certainty in the management, which should be observed by him; at the same time, he is shewn the principles plainly deducible therefrom:

1. To keep the body always open.
2. To drink freely of diuretic and diluting liquors.
3. To avoid sweating by exercise.
4. To keep the body in a constant state of gentle perspiration, which he should ever have in view.

The disorders impeding the first concoction have their seat in the stomach and intestines, and are near the almost immediate reach of medicine: those of the second, being more remote, great art and application is required to remedy them; and much may be expected from motion or universal action of the body; but in the last stage of circulation, through all the smaller vessels and passages, in which every thing that is taken in is liable to be altered by so many accidents before its operations are performed, and its course finished, the greatest skill is required to administer a medicine with any certain degree of success.

C H A P. V.

A Fit of the Gout described through all its Stages; tending to explain many Things, which, though felt and observed, are not perhaps at present well understood by every Sufferer.

THE Gout most generally attacks those who live in ease and voluptuousness, or who have been used to high living, wine, and other spirituous liquors; * and those advancing in years, who have left off their wonted exercises of youth: such also as are liable to this disease have large heads, and are generally of a plethoric, moist, and lax habit of body, and withal of a strong vigorous constitution, possessed of the best materials of life: † it doth not only seize the gross and corpulent, but sometimes, though not so often, lean and slender persons; neither doth it always wait till old age comes on; but frequently attacks such as are in the prime of life, when they have received the seeds of it from gouty parents or otherwise, by leaving off exercises they formerly indulged to a great degree, and who besides have had a voracious appetite, and drank freely of spirituous liquors; and afterwards, on a sudden, discontinued them for those of a thin and cooling kind. ‡ The Gout seldom attacks women;

* ——— Thou'rt of race divine,
Begot on Venus by the God of Wine. DRYDEN.

† ——— Thou friendly earnest of fourscore,
Promise of health, that hast alone the power
T' attend the rich, unenvy'd by the poor.—DRYDEN.

‡ Cavehill says, "Persons may have an hereditary formation of parts subjecting them to the Gout." Cadogan contends, "That it is not hereditary."

and

and then only the aged, or such as are of a masculine habit; for others, who in their youth or riper age, are seized with symptoms not unlike the Gout, owe them to hysteric disorders, or some preceding rheumatism, the morbid matter of which not having been carried off in the beginning. When it seizes a person far advanced in years, for the first time, it never hath such stated periods, or proves so violent, as when it attacks a younger person; because he generally falls before the disease, accompanied with its natural symptoms, comes to its height; and because the natural heat and vigour of the body being abated, it cannot be so constantly and powerfully thrown off upon the joints: but when it comes on sooner, though it may not fix upon one part, or prove so severe, affecting the patient occasionally, keeping no constant period, with little pain for a few days, coming on and going off without any order, yet it increases gradually, and goes on regularly, both with respect to the time of its coming and continuance of the fit, and rages more violently in its progress than beginning.

The first attack of the Gout is generally about the end of January, or beginning of February, giving scarcely any sign of its approach, except that the patient hath been afflicted for some weeks with a bad digestion, crudities of the stomach, flatulency and heaviness, that gradually increase, till the fit at length begins; which, however, is preceded for a few days by a numbness of the thighs, and a kind of creeping stasis through their fleshy parts, with convulsive motions; and the preceding day the appetite is sharp, but preternatural: the patient goes to bed and sleeps quietly till about two in
the

the morning, when he is awakened by pain, which usually seizes the great toe, but sometimes the heel, calf of the leg, or ankle: the pain comes near to that of a dislocated bone; and is attended with a sensation like to warm water just poured upon the membranes of the part affected: and these symptoms are immediately succeeded by a chilness, shivering, and a slight fever; the two first abate in proportion as the pain increases, which is mild in the beginning, but grows gradually more violent every hour, and comes to its height about evening, spreading to the numerous bones of the upper and lower part of the foot, the ligaments of which it affects, in a manner resembling a tension, or laceration of them, sometimes the gnawing of a dog, and sometimes a weight and constriction of the membranes of the affected part, which sometimes becomes so exquisitely painful as not to endure the weight of the clothes, or shaking of the room from a person walking briskly in it; hence the night is not only passed in pain, but likewise with a restless removal of the part from one place to another, and a continual change of posture; nor doth the perpetual restlessness of the whole body, which always accompanies the fit in the beginning especially, fall short of the agitation and pain of the gouty limb: many fruitless endeavours are therefore used to ease the pain by continually changing the situation of the body and of the part, which notwithstanding does not abate till two or three in the morning, that is till after twenty-four hours from the first approach of the fit: about this time the patient is suddenly relieved by means of a moderate digestion, and a partial dissipation of the peccant matter; though he
falsely

falsely judges his ease to proceed from the last position of the part affected: being now in a breathing sweat, he falls asleep, and on awaking finds the pain much abated, and the part to be then swelled; whereas before a remarkable swelling of the veins only appeared, as is usual in all fits of the Gout: the next day, and perhaps two or three days afterwards, if the gouty matter be copious, the part will be somewhat painful, and more so towards evening, and remit about break of day. In a few days it seizes the other foot in like manner; and if the pain be violent in this, and *that* which was first seized be quite easy, the weakness of it vanishes as soon, and it becomes as strong and sound as before affected; nevertheless, the Gout affects the foot now seized, as it did the former, with respect to the vehemence and duration of the pain; and sometimes when the peccant matter is so very copious in the beginning of the fit, as that one foot is unable to contain it, it affects both at the same time with equal violence; but generally it attacks the feet successively as above. When both the feet have been thus seized, the following fits are irregular with respect to time and continuance; but the pain always increases in the evening, and remits in the morning; and what we call a fit of the Gout, which goes off sooner or later, according to the age of the patient, is made up of a number of these little fits; for when this disease lasts two or three months, it is not to be reckoned one continued fit, but rather a series or an assemblage of small ones, the last of which proves milder, till the peccant matter being at length quite expelled, the patient recovers; which in strong constitutions, and such as seldom have the Gout, happens

happens sometimes in fourteen days; and in the aged, and those who have frequent returns, in two months: but in such as are more debilitated, either with age or a long duration of the Gout, it doth not go off till summer advances, which drives it away: during the first fourteen days the urine is high-coloured, and lets fall a kind of red gravelly sediment; and not above a third part of the liquor taken in is voided; the body is generally costive at this time; the fit is accompanied throughout with loss of appetite, chilness of the whole body towards evening, with heaviness and uneasiness, even of those parts unaffected by the disease: when the fit is going off, a violent itching seizes the foot, especially between the toes, whence the skin peels off, as if the patient had taken poison: the disease being over, the appetite and strength return sooner or later, according as the immediate preceding fit hath been more or less severe; and, in consequence of this, the following fit comes on in a shorter or longer space of time; for if the last fit proves very violent, the next will not attack the patient till the same season of the year returns.

In this manner doth the regular Gout, accompanied with its genuine and proper symptoms, appear: but when it is exasperated, either by wrong management, or by a long continuance, so that the substance of the body is in a manner changed into supplies of the disease, and nature is become unable to expel it, according to her wonted way, the symptoms differ considerably from those just described; for, whereas the pain hitherto only affected the feet, it now seizes the hands, wrists, elbows, knees, and other parts, no less severely than before the feet;

feet; for sometimes it renders one or more of the fingers crooked, or motionless, by degrees; and, at length, forms stony concretions in the ligaments of the joints, which, destroying the skin, stones, not unlike chalk or crab's eyes, come in sight, and may be picked out with a needle: sometimes the morbid matter is thrown upon the elbows, and occasions a white swelling almost as large as an egg, which becomes gradually inflamed and red: sometimes it affects the thigh, which seems to sustain a great weight, yet without much pain; but thence gaining the knee, it attacks that part most violently, depriving it of motion, so as to nail it in a manner to the same place in bed: and when it is necessary to remove the patient, either on account of restlessness of the whole body, which, in this distemper, is so frequently the case, or for some other urgent cause, it ought to be done with great caution, as the least contrary motion or shock may, perhaps, give such pain, tolerable, only for this reason, it soon goes off: indeed this moving of the patient, which should be performed with such care and tenderness by the assistants, is no inconsiderable part of the evils which attend the Gout.

As before, the Gout did not usually come on until the decline of winter, and went off in two or three months, in the present case, it continues all the year, excepting two or three of the warmest summer-months; and it is further to be observed, that as the cardinal or general fit continues longer now than it did before, so, likewise, those particular fits, of which the general one is made up, rages a longer time: for whereas one of these, which before did not last above a day or two, now, wherever it fixes, it

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does

does not go off till the fourteenth day, especially if the feet or knees be affected thereby. To this may be added, that the patient on the first or second day after its coming, besides the pain, is afflicted with sickness, and a total loss of appetite: in the last place, before the disease came to such a height, the patient not only enjoyed longer intervals between the fits, but likewise had no pain in the limbs or other parts of the body, all the functions of life being duly performed; whereas, now, his limbs, during the intermission of the disease, are so contracted and disabled, that though he can stand, or perhaps walk a little, yet it is very slowly, and with great trouble and lameness, so that he scarce moves at all.

When it has become thus inveterate, after yawning, especially in the morning, the ligaments of the bones of the middle-part of the foot are violently stretched, and seem to be squeezed with a strong hand; and sometimes, though no yawning hath preceded, when the patient is disposing himself to sleep, he feels a blow on a sudden as if the foot was breaking in pieces by a large stick, so that he wakes crying out with pain: the muscular tendons of the leg are sometimes seized with so sharp and violent a convulsion or cramp, that if the pain it occasions was to last it would be intolerable.—But, to complete the misery of the patient, his mind, during the fit, sympathizes with his body; so that it is not easy to determine which of the two is most afflicted; for every fit of the Gout may as justly be denominated a fit of anger. The rational faculties being so enervated by the weakness of the body as to be disordered upon every trifling occasion, whence the patient becomes as

trouble-

troublesome to others as he is to himself; moreover, he is equally subject to other passions,* and the like which also torment him till the declension of the disease.

This is a description of the Gout when regular, and is allowed by every author on the subject, since the time it was wrote, and assented to by every arthritic, who has had experience to enable him to judge. † Sydenham, the author of it, appears to confine the Gout to the feet, while regular; it might be because its attacks are generally made first on those parts; and in many continues to attack them only for a few years: but its seizing and fixing on the hands, elbows, knees, or any of the joints, is, nevertheless, quite consistent with the idea of a regular Gout, so long as it does not affect the vital parts.

* Hate, fear, and grief, the family of pain.—POPE.

† Sydenham, acknowledged through Europe the most famous practitioner of the last age, after a prolix study of books, and a vigilant attention for many years to nature's steps in diseases, speaks with more uncertainty and perplexity than any before or since. With difficulty we find one of his precepts that does not appear to have been writ with a trembling hand, and with a noble sincerity which embellishes his works more than the purity of language which shines through them.—He put a very limited trust in his own experience.

C H A P. VI.

C A U S E S O F T H E G O U T.

IN the foregoing account by Sydenham, he describes as causes of the Gout, weakness of constitution by age, intemperance, excessive use of venery, forbearance of usual exercise, together with a moist lax habit of body, and a strong vigorous constitution, a voracious appetite, and too-free an use of wine and spirits, which hurt concoction, and overcome and dissipate the spirits, thereby promoting indigestion, the primary cause of the Gout. He has also named another as the secondary or immediate cause, the heat and effervescence of the humours after the putrefaction and sharpness they have acquired by continuing too long in the body through indigestion: he also adds a great application to study, which calls off the finer and more volatile spirits from assisting concoction. Boerhaave observes, “ That men of deep and acute sense, “ and who study much, are more liable to the “ Gout than the common race of mankind; “ and that those who are much addicted to “ acids seldom escape it.”

Lister says, “ That the organs separating the “ humour in the joints, being relaxed by some “ error or other, especially in diet, by drinking “ too freely of wine, gluttony, and idleness, “ that naturally smooth and oily humour is “ changed into a crude and viscid serum, which “ stagnating in the excretory ducts of the joints, “ not only contracts a putridness and acrimony, “ but at length becomes ichorous and corrosive; whence proceed violent pain, and the “ other

“ other usual symptoms that attend the ar-
“ thritic.”

Ingram, who stands alone in his Theory of the Gout, by ascribing it to the adipose, or fat membrane's being vitiated, which is situated under the skin, and extended over every part of the body in the interstices of the muscles, says,
“ The saline particles, which are chiefly pro-
“ duced from debauchery, unwholesome air,
“ excess of wine and spirituous liquors, causing
“ a bad digestion, crudities, with sour belch-
“ ings, must necessarily arise; and these being
“ improved and nursed by indolence, the blood
“ becomes impregnated with such sort of salts,
“ as will at first cause an obstruction in the cells
“ of this membrane, with its glands, and in
“ time break through them; when mixing with
“ the oily juice contained therein, cause a coagu-
“ lation, which is the gouty matter.”

A late learned author * named a cause unno-
ticed by any other; and, in my opinion, a very
capital one, VEXATION; and not the least fre-
quent one of the Gout: and he reduces the
whole to these three, Indolence, Intemperance,
and Vexation.

To the above causes I will add Inactivity,
and that for the sake of distinction only; for
though the effects produced by indolence and
inactivity are the same, yet I would not have
the man of genius, sense, and great application
to study, and those whose avocations will not
permit, with others who from various causes
may be deprived of that activity of body, and
prevented taking that exercise most conducive
to the preservation of health, included in the

* Dr. Cadogan.

same idea of the mere idle man: the indolent man only suffers the effects of his idleness; but the inactive, from too close an attention to some laudable purpose from his station in life, or from some accident or infirmity of body, suffering under the like cruel effects as are produced by voluntary indolence should be distinguished, and meet our utmost compassion.

Sydenham's opinion that indigestion is the primary cause of the Gout has been confirmed by most, if not all writers, since his time; and it is deducible from the foregoing causes; at the same time we find it supported by the opinion of very modern authors,* and assented to by every man who hath suffered much from the Gout: the leading symptoms plainly point to it; for he tells us in the description of the Gout, "That for some time before a fit the patient is afflicted with a bad digestion, crudities of the stomach, and flatulencies and heaviness;" which every one can fully testify who hath laboured under the disorder: and though many may bear up against the effects of indulgence and excess for a long time before any material visible alteration appears, yet, at length, the constitution being overburthened, and the powers of concoction thereby weakened, indigestion takes place; those indulgencies in excess, being the creative cause thereof, as is indigestion the efficient one of the MATTER of the Gout.

* James, Cadogan, Warner.

C H A P. VII.

M A T T E R O F T H E G O U T.

VARIOUS as the theories of the Gout are, and opinions of the learned respecting the matter of which it is formed, it is, however, agreed by all I have met with (one * only excepted) that the matter is acrimonious. Instead of presenting my reader with extracts from opinions (merely hypothetical) of many, some † calling it an acrimony of a putrid heat and visciditv in the fluids and juices; and some ‡ the acrimony of urinous, tartareous, or other salts; while the author above excepted calls it a muci-lage without acrimony: I say, instead of these opinions, which have no support but in the imagination, serving only to bewilder us in our researches, I shall give my reader, from a writer of note, something different from them all as a cause, appealing to our senses for its reality, our sight and feeling must concur to convince us how true.—What? *Indigested particles of earthy matter.*—Dr. James, the learned author whom I mean, after having observed, that human bodies, as well as those of other animals, are nourished either by vegetables, or animals receiving their nourishment from the soil, says, “That as a great deal of earth resides in the
“circulating fluid, it will be of importance to
“trace it from its source, the ground, to its en-
“trance into the blood. In the ashes of all
“vegetables we find a great quantity of pure

* Leger, a French author.

† Sydenham, Boerhaave, Lister, Bennet.

‡ Quincy, Cheyne, Ingram.

“ virgin earth, which, when perfectly freed from
 “ its salts, is neither capable of being altered
 “ by fire, or dissolved by water; and yet with-
 “ out such a solution, it is inconceivable how
 “ this earth can pass through the extremely mi-
 “ nute pores of the roots, circulate in the sap,
 “ and contribute to the formation of the vege-
 “ table. It is therefore highly probable, that
 “ this solution is brought about by some means
 “ foreign to our purpose to inquire at present.
 “ When vegetables are taken into the stomachs
 “ of animals, the earth which they contain, or
 “ at least a part of it, must necessarily undergo
 “ a second solution, otherwise it could not enter
 “ into the minute orifices of the lacteals, circu-
 “ late with the fluids, and ultimately be con-
 “ verted into nourishment, for the solid parts
 “ of animals: and that it doth take this circuit,
 “ is certain, because we find a great quantity of
 “ earth both in the solids and fluids of animals,
 “ which are not conveyed thither by magic.”

If animal substances are taken by way of ali-
 ment, the contained earth must undergo a third
 solution, perhaps more difficult to be brought
 about than the two former, as the parts of ani-
 mals adhere more strongly than those of such
 young vegetables as are generally used in food.
 This solution of earth in animal and vegetable
 substances, is made by the powers of digestion;
 and if these are vigorous, and duly perform
 their offices, the mass of blood will be supplied
 with fresh chyle suited to answer every purpose
 required by the animal œconomy: but, on the
 contrary, if they are defective, this solution
 will be imperfect in proportion; insomuch, that
 if the aliment be scarcely dissolved at all; it

will

will either be discharged by vomit, or pass off by stool little altered.

It would, perhaps, be difficult to follow the aliment through all the different degrees of solution, and to account for every disorder arising from a stagnation thereof in the different series of vessels, their diameters being too small to admit the particles till they are more divided. Now, with respect to the Gout, let us suppose a man in full vigour, who eats and drinks with an appetite, and by due exercise preserves a tone and elasticity sufficient to dissolve his aliment effectually; suppose also he leaves off suddenly, either in part or totally, his habitual exercise, and that his appetite does not diminish in proportion to his powers of digestion; in this case the aliment may be sufficiently comminuted for most of the purposes in the animal œconomy, whilst the earth is not so perfectly dissolved as to circulate freely through the remote series of vessels which convey the juices to the parts beyond the blood, or which are nourished by the lymph, their serum, or some fine fluid, such we will suppose the tendons, ligaments, nerves, and membranes.

When therefore the partially-dissolved portions of earth arrive at very remote vessels, whose diameters are too small to admit them, being incapable of further division, they stagnate and distend the extremely sensible nervous fibres; and being also forcibly impelled by the fluid, cut and tear the nervous fibres, and are productive of that excessive pain of which the Gouty are too sensible.

When a sufficient quantity of this obstructing earth hath in repeated fits of the Gout fixed upon the part, the tendons and ligaments of

that part grow stiff and immoveable; and, by degrees, the earth works through the integuments, and appears in its proper original form, that of earth or chalk, which if repelled or prevented fixing on the extremities, either by accident or design, it may affect the nervous membranes of the nobler organs, and immediately occasion complaints peculiar to the respective parts affected.

To have recited the opinions of other authors, their theories being contrary or foreign to the above, and opposed to each other, would have been only a waste of time, as they are neither evidently true or intelligible. The grounds and reasons of this system, which are given so accurate and clear, prove its superiority to any other theory; the insertion of which in this place would be unnecessary, ours being equally intelligible and convincing; for that this matter is of earthy particles, is evident from the chalk-stones in the joints of some arthritics, and from the gravelly concretions in the urine of others.

In the moment of suffering, it matters little to the tortured arthritic, a knowledge from what cause or matter those painful effects proceed: but it is very necessary to him, who will endeavour by every means in his power, to render the attacks less frequent, and to abate their violence. What the matter is, being now determined and clear, it will direct to decide upon the regimen and system necessary to pursue in the intervals, as our expectation of every lasting good effect will depend much on this head. As this important point is so clearly and incontrovertibly settled in the preceding opinion, I will not, as I observed before, trouble the reader with a variety of other opinions, seeing

ing they will only tend to perplex and bewilder the patient. "A great disgrace hath been brought upon the science of physic by this variety, and a deal of mischief done by it amongst gouty people, who having no physical knowledge to direct their judgment, have gone the round of all the different systems, to the prejudice of their health."* I hope my gouty brethren will in future be more careful to avoid this. In order not to mislead, I have omitted inserting any opinion, but that which carries conviction to our senses; and our sight and feeling especially concur to assert its truth.

* Dr. Warner.

C H A P. VIII.

Medicine alone will not effect a Cure.—Attempts to eradicate the Gout suddenly, absurd, pernicious, and often fatal.

I HAVE said, that the Gout is to be greatly alleviated in almost every stage and constitution, and that a cure is possible: the first I delivered as the result of observation and experience; the latter, as my belief, for reasons there given: but this great and desirable end, notwithstanding the present improved state of the medical art, and every ostentatious assurance of vain and designing pretenders thereto, is not to be accomplished in either case by medicine alone.

The various causes of the Gout have been shewn, where, besides what arises from the aliment that is taken in, and the different external causes, we have reckoned a departing from usual exercises, and a particular make and constitution, (which is the work of nature in our original formation), as necessary conditions in the Gout. “For if there was not an original make and conformation of parts, which necessarily contribute to produce the Gout, there would certainly be no difference between those who eat, drink, and in every other respect live alike.”* What can be done in either case by medicine alone? Medicine cannot alter the internal structure of the human frame, or change the nature of animal and vegetable bodies which compose our aliment; nor can it give powers

* Dr. Warner.

productive of health, equal to those obtained by exercise.—Though medicine cannot do all this, yet when co-operating with other rational means, much may be expected from it, when judiciously and seasonably applied. The great error of mankind consists in relying too much on it, and promising more from it than should or can be expected, especially in the Gout.—The avidity with which every nostrum is bought, the author having the confidence to publish as a specific for the Gout, is a proof of this disposition in the Gouty: the good to be obtained must be from different medicines proper in the different stages of the disease, and not from one alone.—Not one medicine, hitherto known, can be pronounced a specific; all, therefore, that have been obtruded upon the world as such, have been the offspring of ignorance, impudence, and design; and are to be rejected as inefficacious, if not imminently dangerous.

Of specifics, ushered into the world as such, within my remembrance, that known by the name of *The Duke of Portland's Powder*, met with the greatest acceptance; but why so called I do not remember to have heard: it grew so rapidly into esteem, as to be in a short time after its introduction exposed for sale in the windows of almost every retailer of medicine; but what it was, and did, the following will shew: “The Duke of Portland's Powder,” as it is called, “has not only proved ineffectual, but “to many people fatally pernicious: that Duke, “I am informed, had but too much reason to “repent that he had ever taken the Powder; “and a noble Lord, with whom I have the honour to be well acquainted, was prevailed “with, contrary to my advice, to make a trial
“ of

“of it; and after a course of three weeks only,
 “found his head so violently affected, that he
 “was obliged to desist, or his eyes or under-
 “standing would have been greatly injured, if
 “not lost.”*

Dr. Cadogan, speaking of this Powder, says,
 “It was a strong spicy bitter taken in substance
 “in a large quantity for a long time; its effects
 “were to keep up a constant fever as long as
 “it was taken; this kept the gouty matter al-
 “ways afloat, and prevented its fixing any
 “where: but there was no living long with a
 “constant fever; accordingly most of those that
 “took it for a continuance, died, and many
 “very soon.”

Since this, many other medicines have been introduced to us, each under the strongest assurance of being specifics for the Gout; the most remarkable of which was one by a person from Mentz in Germany (noticed † before) the reputed virtues and effects of which, being of a most singular nature, I am induced to give my reader the particulars: “It was asserted to
 “cure the Gout, ABSOLUTELY, in ALL; and
 “this by a kind of *magic* or *charm*: and so ex-
 “ceeding careful was the sagacious foreigner to
 “prevent a discovery of his wonderful secret,
 “that he never trusted any of the medicine
 “with his patients; but attended always per-
 “sonally to administer it.” The manner, as I have been informed, was to mix the powder with some water, and with a spoon to give it the patient as a nurse feeds a child. It was taken twenty-one days successively, and it was to continue in the body as many months; at

* Dr. Warner, Van Swieten.

† Page 13.

the expiration of which term the patient was to have a fit of the Gout, which was to be final. Indeed the effects of this medicine were very confined, but more extensive than one would have thought possible, considering the very extraordinary effects ascribed to it, as well as the terms on which it was administered; for the patient paid a hundred pounds before he was permitted to have one Spoonful: yet, very extraordinary as the above may appear, a sufficient number of strong faith were found to enable the professor to carry from this country the sum of ten thousand pounds in a very few * months, which he did, leaving his patients to enjoy the effects of their purchase, and their own contemplations.

Without noticing the inefficacy of the many medicines that have appeared under the like title and assurances of being specifics in the Gout, since my being an arthritic, I thought the account of two, sufficient to caution my readers against too readily crediting such assurances for the future, from the danger attending them, as in the first instance, and the improbability of receiving any benefit from them, as in the last. For if a medicine hath nothing pernicious in its composition, proving ineffectual only, thus far it is injurious; for notwithstanding no disease has been left so much to itself as the Gout, there are few, if any, require more assistance from art: therefore an ineffectual medicine is so far injurious. as nature is for a longer time without that help she so much wants.

* About four months.

C H A P. IX.

System and Regimen to be observed and adhered to by those who wish for a Re-establishment of Health.

I Wish what I have said, at the beginning of these sheets, may induce my gouty brethren to believe, with me, that from the improving state of the medical art, there is reason to hope that a cure for the Gout may be obtained for all; and that at present it is possible for many. I wish to impress upon them this belief, as it will induce them to persevere in those means which are necessary to procure that lasting relief; and which, by this close attention, they may promise themselves.

Greatly desirable as the restoration to perfect health is to the afflicted, it is not to be immediately accomplished; all attempts to obtain it suddenly are dangerous, and contrary to the operations of nature. The curing a fit of the Gout, and the establishing of health by system and regimen, are very different things; the latter lays greatly with ourselves, in which every man must, in a great measure, think, judge, and act for himself; medicine being here only an auxiliary; the establishment of health depending in a great degree on prudence and perseverance, means we must use with great exactness and attention: for as the cause in a long-continued Gout is become habitual, it cannot reasonably be imagined, that the cure can be accomplished by any slight and sudden change brought about in the blood and juices, by any kind of medicine or regimen: and as this habit is chiefly founded

On, and consists in a weakness of every digestive faculty, and a total relaxation of the parts, both these disorders must be remedied, and the strength of the digestive powers, as well as the tone of the parts restored and recovered *by degrees*. Towards accomplishing these ends by those who are desirous of recovering an impaired constitution, and of establishing their health by the most safe and rational means, I shall here offer to my reader some instructions necessary for him to keep in constant observance, which will mark to him a system and regimen for his conduct during the intervals of the Gout, which is the time the most permanent benefit is to be obtained.

It is plain from the above, that whatever will conduce to restore the tone and elasticity of the relaxed parts, and increase the strength of the digestive powers, is to be adhered to; and whatever causes a weakness and relaxation is to be avoided: and notwithstanding the long and prevalent practice of giving purges in the intermissions of the Gout, a little knowledge of their operation, and of the nature of the disease, would, I think, lead any man to decide against them, as experience has long since taught me to reject them entirely. My experience in this is a confirmation of the opinion of one of the greatest physicians * England ever produced, founded upon what occurred to him in his own case, and in upwards of thirty years experience in others: he says, “ For my own part, I am “ abundantly convinced from much experience, “ that purging with either mild or strong cathartics is very prejudicial, whether used in

* Sydenham.

“ the fit to lessen the morbid matter, or in its
“ declension to carry off the remainder ; or in
“ a perfect intermission, or healthy state, to
“ prevent an approaching fit ; for I have learn-
“ ed, at my own peril, as well as that of others,
“ that purgatives, exhibited at any of these
“ times, instead of doing service, have hastened
“ the mischief they were intended to prevent,
“ for the fit came more severely afterwards, ac-
“ companied with more violent symptoms than
“ if they had been totally forborn.”

Purges cannot carry any thing from the body that is beyond the first stage of concoction ; therefore, to do any good, they must be repeated. But experience hath fully demonstrated, that the frequent repetition of them wastes the spirits and strength, and weakens the digestive organs ; and therefore they are to be avoided.

As indigestion is the primary cause of the Gout, it behoves every man who wishes to be freed from it, to be very circumspect in what he eats and drinks ; and whatever he takes into his stomach turning oily, acrid, bitter or sour, causing frequent eructations, tinged with such flavours is pernicious, and to be avoided. There is no occasion for us to enumerate what has been delivered by the learned on the subject of aliment ; for if a man will but attend to himself, he may soon discover what is most suitable to his case, and distinguish what agrees best with him ; and the plainer the food, be it roast or boiled, the better : all made-dishes, and high-seasoned sauces, are hurtful on account of the great quantity of hot spices that are put in them, which harden what is so dressed, and render it difficult of digestion. Much also hath been said by the learned respecting the quantity of
of

of food necessary ; but as it is certain that what would be gluttony in the extreme in one man, would scarce be half sufficient for the support of another ; no precise quantity can be ascertained ; but of that every man must judge for himself, observing to take no more than what to him shall appear to be moderate, and to forbear excess ; especially observing, that whatever turns oily, acrid, bitter or sour, when in the stomach, is to be finally rejected. The rule of moderation, laid down by Sydenham, seems to me to be a standard by which persons of all ages and constitutions may regulate themselves ; “ to eat only of one dish of animal food at “ dinner, but make up the meal with other “ things ; and to take in no more aliment than “ the stomach can digest conveniently ; nor by “ too much abstinence to reject the degree of “ nourishment that is necessary to preserve the “ strength.”

The frequent use of acids are, by experience, found to be hurtful ; and * Portugal, Spanish, and Madeira wines are pernicious, because they abound with a high inflammable spirit, which, when they are drank in quantities, dissipates and overcome our own animal spirits, which are the primary instruments of concoction. The like effects are produced from a frequent use of all spirits : wine abounds also with earthy particles, derived from the soil, neither altered by fire, or dissolved by water : cyder and perry are equally exceptionable for the same reasons ; and it is asserted, “ That the Gout hath increased “ greatly in England since those wines have been “ the liquors in general use here.” † And

* Warner and Sydenham.

† Warner and Cadogan say, “ Tenfold.”

custom has so greatly prevailed in the common use of these exotics, as almost to banish the good old English liquors from our tables. Beer, ale, and mead, used to be the liquors of luxury, as well as of common use. It is agreed by the learned,* “That the matter of the Gout and “Stone are much the same; and that the former has increased in England (*tenfold*) since “the general use of foreign wines.” And it has also been said by those who have cut † for the Stone, “That they never had a patient “under hand for that disorder, who had drank “malt-liquors only.” From these observations it is easy to decide, which liquors are the most proper for a gouty man. Yet, notwithstanding that acids, foreign wines, spirits and cyder, possess those pernicious qualities, I am inclined to believe, that the great evil is in the quantity; and that a man may drink a few glasses of wine or punch, whichever agrees with him best, without any injury: to regulate the sort and quantity requires only a little attention; and to make a few glasses sufficient, needs only a resolution to drink no more. Some are so happy in their constitution as to enjoy an uninterrupted state of health, amidst excess and debauch: but these are but few, and a dangerous example for any more, especially a gouty man to follow. Let the arthritic, as a proper example for his conduct, observe those of a different make and constitution, with a tender and delicate frame and habit of body, who by a careful observance of what agrees with them, and conducting themselves accordingly, do enjoy an almost constant good state of health through life. This is what

* Sydenham, Cheyne. † Cyprianus.

every man, regarding his health, should do: In all our concerns of life, does not the prudent man watch over the progress of his undertakings, in order to discover which measure is right, which wrong, so that he may change them, as experience shall demonstrate, which is for the best? This we do to increase our gain: certainly health is not of so little value but that we should bestow the like attention to the attainment and preservation of it? Those who may think that this denying themselves what perhaps was their greatest pleasure, and that being under such a constant restraint and continual attention to all they do, is too great a sacrifice, and their enjoyments of life so confined, as to make it scarce worth holding on such conditions; to those who may think so, I will venture to say, that in the experiment they will find themselves mistaken; and that their apprehensions from a change will wear off by custom, and perseverance will make every thing easy and pleasant, it is certainly worth the attempting: for as health is the greatest blessing, and which alone can give a relish to every enjoyment, so, without it, there can be none in life. The opulent and afflicted, from painful experience, can fully testify, that little happiness can accrue from possessions without health.*

When mythologists speak of man being obliged to labour as an evil, they certainly must mean in the extreme, so as to wear and destroy him; for it is very certain, that a degree of

* That salt of life, which does to all a relish give;
Its standing pleasure, and intrinsic wealth,
The body's virtue, and the soul's good fortune, Health.
COWLEY.

labour or exercise * is absolutely necessary for the preservation of health; and, consequently, the enjoyment of life: in this, as in the matter of aliment, every one will best judge for himself; having present this general rule, That his labour or exercise must be used in such a degree only as not to fatigue him, or to occasion profuse sweats. In the account given of the circulation of our aliment, it appears, "That the last state of digestion is in the secretory vessels, to fit the matter for transpiration, which is more or less perfect, according to the elasticity of the fibres, of which our solids are made up." As nothing can preserve this elastic tone equal to exercise, it should be constant and regular as possible, and also moderate, not to dissipate the spirits and hurt the concoctive powers, which are strengthened when it is continued, and gentle. As soon, therefore, as the patient can move the afflicted limb, let him give it all the action he can, without exciting pain, lest a relapse should ensue, which often happens by too violent an attempt to move it before the matter is sufficiently digested and transpired to admit of it with ease; and if the patient, either from inability or the badness of weather, cannot get abroad, some contrivance for exercise should be had within doors: I have for that purpose (which I learnt from a friend

* ——— Nature lives by toil:

Beast, bird, air, fire, the heav'ns, and rolling world,

All live by action: nothing lies at rest

But death and ruin: man is born to care:

Fitted, fashion'd, improv'd by labour:

————— Hence utility

Thro' all conditions: hence the joys of health:

Hence strength of arm, and clear judicious thought.

DYER'S FLEECE.

many

many years since) two pieces or lumps of lead in the form of a double-headed bar-shot, of six or seven pounds each; the part for the gripe being covered with woollen-cloth to prevent it being cold to the hand: with these, as soon as I was able to stand and to hold them in my hands, I used to exercise myself by gently swinging forwards and backwards, until I have found myself in a full glow and gentle breathe, but not to sweat; this I repeated several times in a day, increasing the scope of action as my strength permitted; thus, by degrees, I would bring myself to crossing hands behind me, stoop to touch the floor, and throw them over my head, in the manner of ringing; by which various action I gradually brought all my joints into play, and thereby stretching the muscles and the ligatures prevented any contraction fixing there.

When the disease has been in the arms or hands, exercise on horseback will assist in forwarding a return of strength, as they receive great action from the motion of the horse; but if it has been in the lower limbs, I cannot think it equally beneficial: I have suffered from riding too early after having had the Gout in the lower extremities, as they have very little motion communicated to them from this exercise,* excepting a kind of “tremulous one, which, when compared to the great action of progression, does not merit the smallest attention; nay, they will receive injury from it; for the weight of the blood between the feet and the heart is not only continually pressing upon the former, but is also considerably increased by the concussion of every step, ac-

* Caverhill.

“cording

“ cording to the greater or less motion the animal excites.” For some years I have used walking instead of riding after a fit, because I could better accommodate my action to my strength and feeling, and found it preferable.

The arthritic should not be less attentive to the air and change of weather, than to his diet and exercise; and should avoid as much as possible, being abroad in foggy or wet weather; for as the * constitutions of gouty people are moist and lax, such a state of the air will increase that disposition by relaxing the fibres; and as Santorinus has shewn, will lessen perspiration; and the skin being moistened by the external air, the pores become foul and clogged with the watery particles hanging upon it, and which being absorbed through it, mix with the blood; and for the same reason a nitrous and frosty air will do him harm, the particles mixing with the blood, at the same time chilling and thickening the animal juices. Necessary, therefore, as daily exercise indisputably is to an arthritic, it should be taken when the air is in either of these states, by some contrivance within doors. From the above it is easy to see, that the Gouty should not be abroad much after sun-set; and likewise that an elevated dry soil, with a clear and free air, sheltered from the north and east-winds, must be the most eligible situation for a Gouty-man to dwell in.

Sydenham says, “ That excepting bleeding “ and purging, nothing impairs the strength “ more than sitting up late at night;” and though there may be no difference betwixt going to bed earlier or later, provided the person

* Dr. Warner.

lies in bed the same number of hours, yet it is not so: therefore he advises his patients "to go
"to bed early, particularly in winter; as it is
"of great moment both in digesting the gouty
"matter during a fit, and also in preventing
"the generation of it in the intervals."

I think I have said all that is necessary under the head of regimen, to enable the patient to conduct himself with proper circumspection, so far as relates to the three great objects of Diet, Exercise, and Air. I perceive it may be objected, I should have presented my reader with the cure to recover the patient from his fit, before I instructed him of the management in the intervals; that would, undoubtedly, have been more methodical, if nothing was required, but at the recovery from a fit. But that is not the case; for, on the contrary, this regimen is to be undertaken as soon as determined; no time is to be lost by those who would embrace the earliest opportunity to reinstate their health. The medicines directed for the intervals are also to be taken as soon as the cure commences, by which means the severity of the ensuing fit will most certainly be in some degree mitigated, according to the distance of time before its commencement.

I shall now proceed to the MEDICINES proper in the treatment of the GOUT, in its different stages and intermissions.

C H A P. X.

Treatment of a Fit of the Gout in its several Stages; with the Medicines necessary at the Time, and also in the Intervals.

THE Gout being a disease of daily accumulation, that strict attention and observance which has been recommended is absolutely necessary; for by a due attention to what is received into the body, a less quantity of matter is furnished; and by the frequent aid of proper medicine, this matter is subdued and expelled upon its forming; so that it is prevented from accumulating to that degree, and so frequently, as it most certainly must if neglected: and a constant observance on the patient's part will enable him to discover the symptoms that indicate too gross an acquisition of matter, and an approaching fit; which by immediate and proper management (as hereafter) if not carried off, the effects at least will be greatly reduced. Thus the intervals will be greatly lengthened, and the duration and severity of the successive fits lessened and abated.

Agreeable to the order of progression, in the preceding chapter, I will suppose a patient determined on the system and regimen there recommended, and resolved to act in the manner advised under the heads of Diet, Air and Exercise, including the co-operation of Medicine.

In order therefore to know the state of the body in the first passages, it will be proper to take one of the Dissolvent Pills at going to bed, washing it down with a little water, it being tasteless: if this produces any sensible motion,
either

either as a cathartic or emetic, it will shew that quantity to be sufficient; but if it proves emetic only, another must be taken the next night, which will have an opposite effect: an evacuation being procured, no more pills (till a costive disposition shall make it necessary) are to be taken: if two do not operate, proceed increasing the number agreeable to directions to be given hereafter.

The night after you have done with the Dissolvent Pill, take one of the Alterative Pills at bed-time; being in a manner tasteless, a little water, or weak liquor, will serve to take it in: on the second night take two, the most necessary, or a sufficient dose to be taken at one time: continue them every other night for a fortnight, then omit taking them for the same length of time, and so continue taking and omitting them alternately.

In these two kinds of pills will be found the whole of medicine necessary in the intervals. The use of the Alterative Pill is strictly to be persevered in, unless at the time when it shall be found necessary to take any other medicine, when it is to be omitted.

Those who have had the Gout must have learned from their afflicted brethren, and are, no doubt, provided with the conveniencies for their accommodation in every stage of the Gout: this I presume, and as those only are the people to whom I address myself, I shall omit as unnecessary enumerating any thing on that head.

When the symptoms are such as denote a fit going to take place, take one or more of the Dissolvent Pills, so as to produce two or three motions; and after its operation, or the succeeding night, thirty or forty drops of the Balsam

in a wine-glass of the strongest double-distilled Spirit of Pepper-mint are to be taken: this will frequently carry off the fit where the quantity of matter accumulated is small, and its cause of action proceeds from some sudden accident, as a cold, surprize, a fall, &c. or if it should not be quite gone by the second night, but much abated, then take about two-thirds of the quantity of Balsam, or first dose; but if the fit increases, repeat the same quantity advised for the first on the second night: and if the fever and severity of the pain is such, that there is no appearance of rest in two hours after, repeat it in the quantity of twenty drops, and continue to do so every two hours till rest is obtained; and which will be the case from the operation of the Balsam on the part affected, undeniably from the smell accompanying the perspirable matter; for besides being attenuating, it possesses a property of sheathing or blunting the asperities of those particles forwarding to digestion; and its sudorific quality enlarges and expands the cavities of the cutaneous vessels for the more ready and easy expulsion of the offending matter: by this means the irritation of the nervous system is removed, and rest succeeds; as pain decreases a genial composure advances, and the patient sinks into a comfortable and refreshing sleep, accompanied with a fine breathing sweat; in which state the digestion and expulsion of the peccant matter will be very copious. If a violent and profuse sweat should take place, some of the bed-clothes must be removed to reduce it to a gentle or breathing sweat. The Balsam is to be repeated the next evening in like manner, and continued every night till the matter is so much expelled as to produce a very sensible diminution

diminution in the part or parts affected; and then the quantity, or dose, may be lessened in proportion as the fit seems to decline; but it will be best to continue the dose of twenty drops some nights after the fit shall appear to be over, which will more effectually digest and reduce the tumours, and the membranes of the joints will be more perfectly relieved, and sooner enabled to recover their power and action.

In this manner is the Balsam to be taken at every attack of the Gout, whether a relapse or new fit, the patient keeping his bed till he can get up with some degree of ease to himself, not to suffer that excessive torture attending too early a removal, frequently aggravating the pain to an intolerable degree; but rather be content with being laid close to one side of the bed, until the other is made as soft as possible; in this manner then, by turning on to the new-made side, let the other be done in like manner; besides, by getting up in such a state, a check is given to the breathing-sweat; and the digestion and expulsion of the gouty matter is retarded.

In this stage of the disease the patient seldom has an appetite for animal food; if he should, it must not be gratified, unless in the form of broth from fowl, mutton or veal, with tea, coffee, sago, bread-pudding, and the like; drinking plentifully of sage or mint and balm tea, small mountain-whey, barley-water, and other diluting liquors. My method was to put a common wine-glass of mountain to a pint of mint and balm tea, with a slice of lemon in it, and sweetened to my liking; and with barley-water, two spoonfuls of brandy to a pint, sweetened as before, which covered its maukish taste, and made it far more frequently desirable; drinking,

perhaps,

perhaps, twice in a day, a glass of mountain, with a bit of toast well-rubbed with nutmeg or ginger; and when the palate has been palled with warm drink, and I have been desirous of something cold, I have indulged myself with a wine-glass of strong pepper-mint in twice that quantity of water, sweetened to my palate, which I always drank with safety.

When the severity of the fit is sensibly abated, and the patient can stir the affected limb with tolerable ease in bed, he may be got up; and when his appetite returns, may be indulged with some fish, chicken, or something of easy digestion. The digestive powers being weak, food of easy digestion is undoubtedly to be preferred: yet I have found by experience, that what the stomach ardently covets may be taken without danger, provided regard be had to the quantity; and the like regard should ever be had let the quantity of the aliment be what it may; so that nature may be sufficiently supplied, and the stomach not loaded. And those who love malt-liquor at their meals, good table-beer (but not old) with the chill taken off, and a toast and nutmeg, with about a gill of mountain to fill up a pint, may be safely dispensed with.

In a fit of the Gout the body is costive: if the patient has not been confined to his bed more than three or four days, it will be better to put up with this inconvenience, than to suffer the pain and fatigue that moving at such a time will inevitably occasion: but when on his feet this costive habit must be attended to, and something given to open and relieve the body; which intention will be conveniently answered by taking one Diffolvent Pill every four hours, or thereabouts,

abouts, till a stool is procured, drinking immediately after the evacuation a wine-glass of pepper-mint-water, put into about double the quantity of water, sweetened to the palate; and in about an hour after, sixteen or twenty drops of the Balsamic Extract in a small glass of pepper-mint: if the patient should be confined longer to his bed, so that a stool is absolutely necessary, it may be procured by a clyster, should it be the more eligible way, in consideration of the patient's situation, or by the Pills as above directed.

As soon as the patient can permit it, at least twice in twenty-four hours, he should be well rubbed all over with flannel-gloves, or a piece of flannel rolled up on purpose; and at first it will be proper to use it warm, and when the skin will permit it (and what I esteem better) a piece of strong Russia or other hempen cloth should be used for the purpose.

The violence of the fit being over, and the patient able to sit up, and daily getting better, he must be careful not to bring on a relapse by too-hastily diminishing the covering on the part, or by too violent an attempt to introduce it into action; for notwithstanding the opinion of some of the learned, "That when a fit of the Gout
"is once over, the patient is as free as if he
"never had it," experience has convinced me of the contrary; for I have suffered many a relapse, both from the above causes, as well as from purging; and I am satisfied that the matter is not wholly expelled: and notwithstanding that the like has not happened to me since I have been blest with the Balsam; and that I have had practical proof of its superior excellence beyond any other medicine I have ever taken,

taken, or known, for the like intention; yet I cannot assert, that the matter is even by it so perfectly expelled, but a relapse may be brought on by the like or similar causes.

The use of oiled skin having prevailed much of late years, as a material application in the Gout, and the report of its effects in different people being quite opposite, I think it proper in this place to deliver what my experience authorises me to say of it, and hazard a conjecture why its effects are different with different people: I have used it some years; and, from repeated trials, I am inclined to think its not answering in some people, owing, in a great measure, to their wrong management in the use of it. The intention I used it with was, by its density, to prevent the external air from acting on the affected part to such a degree as to check that perspiration, which is so necessary to effectuate the expulsion of the gouty matter, which by such an accident is not only detained to the injury of the part, but there is also a danger, from the repulsive power of the air, of a great part being returned into the circulation in that active state, and which may lodge on some noble part, and prove of fatal consequence. In this intention of using it, I found my purpose fully answered both in a fit, and also by placing pieces of oiled skin within my outside stockings to defend my joints at first going abroad, and in severe cold or wet weather. For my use in a fit, I have a square piece of the silk sewed to another of flannel of equal size, with a string of tape at each corner; and when the part is wrapt in two or three doubles of Welch flannel, this is placed over it with the silk inwards, tying it gently, so as to keep it where it is placed. The complaint
is,

is, "That although it causes sudden relief, it leaves a great weakness and pain that last a great while." I imagine its different effects may arise from the manner of applying it; for being tied on in the gentle manner I have described, the external air is but partially excluded, though sufficient to answer our intention. In the other case, I presume, it is tied on so close as wholly to exclude the external air, by which the perspirable matter will be more forcibly attracted, and the cutaneous vessels soon exhausted of their finest juices; the distention of these vessels thus lessened, the pain arising from them is abated, and thereby sudden relief is obtained: but I conceive, that by this proceeding the matter in the vessels is too suddenly deprived of the fine lubricating juice, designed either to obtund the particles mixed with the matter, or to act in some sort to their easy expulsion; and the vessels thus emptied close upon the remaining particles, which in this dry state become rigid, confined, and in a state of indigestion; whence this long weakness and pain till nature can furnish fresh juices to effect a digestion, and recover the elasticity of the parts. The moxa and wool are equally safe with the flannel; but all other topical applications are to be forborn, let their recommendation be ever so flattering. It is with the earnestness of one who has escaped a dreadful precipice, warning his brother-traveller of his approaching danger, that I advise my gouty brethren against every other external application: I have suffered severely from them: the first time from a poultice of rye-meal, in vogue at that time, which nearly cost me my life; and two other times from medicated stupes, which

occasioned two of the most lasting, severe, and dangerous fits (excepting the above) that I ever experienced. Dr. Mead, allowing wool and flannel as certainly safe, concludes, "Nor among the numberless other forms that I have seen of such applications, do I judge it so prudent to make use of any, as to reject them all."

The patient now happily relieved and on his feet, daily gaining strength, let his endeavours to action be constant, but with that caution as has been described; and as his appetite revives, he may extend his line of allowance to a greater variety, preferring those things that are moist and laxative, not exceeding one dish of animal food at dinner; also preferring liquors of the diluting and diuretic kind. On his first going abroad, let him wait the advantage of a fine day; and be careful that the body be well clothed, and the joints sufficiently guarded to prevent getting cold, and to return home soon: after three or four times, according to the weather and season of the year, he may take from his clothing, leaving sufficient to keep the body and limbs in an easy state of perspiration, in which his own judgment and feeling must govern him. Two or three nights after he has done taking the Balsam, let him begin with the Alterative Pills, and proceed with that circumspection and perseverance in every thing that has been recommended for his conduct; during the intervals, ever strictly observing,

To keep the body always open.

To scour the urinary passages.

To be moderate with respect to diet and exercise.

To keep the body in a constant state of perspiration, not to solicit sweat, unless medicinally intended.

With

With these things constantly in view, adhering to the regimen and mild medication as above, making together the whole of the practical system here recommended, I have the unspeakable happiness to experience a recovery, far more perfect than expected. I have always been in the hands of the profession; have never taken any thing but by their prescription (the rye-meal poultice excepted); notwithstanding which, and the very great quantities of medicine I had taken, the disease continually increased; so that from the frequency and violence of the fits with which I had been afflicted for some years, my great inability to action, from the universal languor prevalent in my whole habit, owing chiefly, I presume, to the obstructions of the animal functions. My limbs were very weak, and my joints greatly enlarged, and the former oft-times so distorted by the violence of the disease, that one would have believed them perfectly out of joint, having every appearance of a dislocation. In this state, and from all that I had ever met with, I had little hope of a recovery; that all I expected was a mitigation of pain, and a less frequent repetition of my fits; instead of which, so perfect is my recovery, that I am now alert and active; the complaints in my limbs and joints entirely removed, and I daily walk out, unless prevented by the weather, four, six, and often ten miles a day, and sometimes more, which I could not do now, more than twelve years past; and I have made walking my chief exercise for reasons before given: and as I never was a man given to debauchery, or excess of any kind, so that my regimen in diet made very little alteration with me in my usual mode of living: I was

also engaged in a very active station of life, so that no imputative cause could arise, either from intemperance or indolence, from which circumstances, and the inefficacy of all my former medication, I have reason to believe, that the great change in my habit is chiefly, if not wholly, derived from the medicines here advised.

But this restoration of my health was not accomplished suddenly. That this disease so very subtle, and which insinuates itself so powerfully into the habit, as to subdue it entirely, can be extirpated; and that such a habit, after it has been in a state of depravation, perhaps for many years, can be recovered by any sudden alteration, wrought by any assistance whatever, is a belief directly contrary to reason, and all experience; such diseases can be removed only by length of time, and a steady perseverance in the means; and the patient is not to expect any material alteration for some months. At my first fit, subsequent to my taking these medicines, I could perceive very little alteration, only just sufficient to strengthen my hope; but after the second, which happened within a year from my commencement, the effects were visible and satisfactory.

It is almost four years since I first began my course of medicines; and, from experience, I can pronounce them to be very safe; and to those to whom I am known, and who knew me in my tortured and decrepid state, I am, in my own person, the most ample testimony of their efficacy. I was abroad in the snow several times the beginning of last winter, also in wet weather, during the whole season, have taken cold three or four times, and had a very violent fall by treading on a bean-pod, all which had no other

other effect than as with other people that are not arthritic; but either of which would formerly have brought on a fit of perhaps three or four months or longer: I mention these circumstances because I think they in some measure mark in what degree of permanency the habit is restored; and, at the same time, that it is proof against common accidents.

Thus I am not only rescued from the increasing ravages of this cruel disease, but also from the effects of its being removed, restored to activity, in short, to health, with every reason to ground a belief of its continuance. A retrospection of my past sufferings increases its value, and gives that relish to it which can be known only by having long experienced the want of it; the enjoyment of which is greatly heightened by the additional happiness arising from the delightful sensations of a mind animated with joy, inexpressible gratitude, and most fervent thankfulness for so great a blessing!

APPENDIX:

A P P E N D I X:

CONTAINING

An Account of the MEDICINES directed to be taken in the foregoing SYSTEM, viz. the DISSOLVENT and ALTERATIVE PILLS, with the BALSAMIC EXTRACT.

THE DISSOLVENT PILL, why so named, will be discoverable to the Patient from its manner of operating: Its property is to cleanse the first passages, which it does effectually as a cathartic and emetic, according to the matter it meets with; but in a way peculiar to itself, with respect both to its manner of operating and effects. If a Patient enters on the system and regimen, during an interval, when he is apparently well, the first medicine to be taken is this Pill at bed-time, washing it down with any thing, it being tasteless: begin with one, and if that causes any sensible evacuation, either as a cathartic or emetic, it will be found to be sufficient: if it does not operate, on the second night, take two, and so proceed, adding one every night till they operate, but not to exceed four at one time: when no operation happens before taking of four Pills, it denotes the body is foul, and its passages obstructed; and here the operation will be greater or milder, according to the number of Pills taken before; and in this case they generally work both ways, and are to be worked off in the manner of any other emetic: when the operation is over, the Patient may drink half a gill
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of strong pepper-mint, in three-times the quantity of cold water, sweetened to his palate, or without sugar; and in an hour after he will take about twenty drops of the Balsam or Extract in a small glass of double-distilled pepper-mint: when one or two Pills are found sufficient, the first operation will sometimes be upwards, according to the condition of the stomach; if upwards only, at first, repeat the dose the next night, and it will prove cathartic; when this evacuation is obtained, there will be no occasion to take any more till the costive disposition of the body shall make it necessary: the night they are taken, it will be a proper caution to have some sage or mint and balm tea by the bed-side, lest they should move the Patient before morning: though from the increased quantity or dose that may be taken, owing to obstructions, the operation of the Pills may be somewhat severe at first, afterwards it will prove milder; and notwithstanding more than two or three Pills may be required to produce the desired-effect, one, two, or three at most, will be sufficient afterwards; therefore, at the second time of taking them, begin with one, by which means you will discover, in two or three times, how many will be sufficient; so that by properly proportioning the number of Pills to the habit of body, they will not give any disturbance before morning, when their operation will be very gentle.

THE ALTERATIVE PILL is a medicine, the effects of which extend to the most remote secretions, is gently attenuating, detensive, and, in a small degree, sudorific; and as the Dissolvent Pill acts principally in the first passages,

passages, the operation of this is in the finer and ultimate vessels of the last stage of circulation, as will be evident to the Patient, from the frequent itching in the skin, and which will commence in a few days after taking them, when he should, if he can conveniently, be well rubbed with a very dry coarse cloth, which will assist in the expulsion of the particles from the cutaneous vessels forwarded there by the operation of the medicine: this rubbing should be constantly practised at going to bed, or at rising; but if at both the better. In process of time, the vessels of the body being gradually freed of those accumulations with which they were overloaded, the Patient, by degrees, will perceive that fulness of body, lassitude, and unwillingness to move, abate with the discharge from the several vessels through the whole habit. The extension of the vessels will decrease, and by that means the body will be reduced to a more compact state. The several circulations being now free, the nervous system will be relieved, and a willingness to action follow, while the abilities thereto will be daily increasing from moderate exercise. This Pill is to be taken during the intervals, and to be continued, unless when found necessary to take any other medicine. The dose, two Pills every other night for a fortnight, then to be omitted for the same length of time; and so to be continued taking, and leaving them alternately: being almost tasteless, they may be washed down with a little water or weak liquor.

THE BALSAMIC EXTRACT.
This is a Medicine most extraordinary in its nature, admirable in its operation, and invaluable
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in its effects. It is to be taken when the fit is certain: It operates on the most remote extremity; and so benign are its effects, that with the severity of the pain it removes the dejection of the spirits, and dissipates those terrors and apprehensions which are the concomitant attendants of a fit of the Gout; so that as well as the limb, the heart is relieved: instead of violent sweats which it has been usual to solicit to expel the gouty matter, and which caused an almost insatiable thirst with them, a fine genial glow to the degree of a breathing-sweat will ensue, the irritability of the nerves is removed, calmness and serenity possess the whole habit, and that constant thirst goes off: the desire of drink will be limited only to what will be necessary to supply the discharge from the body, which not being so great as in a profuse sweat, the want of recruit is lessened in proportion. In this mild and agreeable manner will the Patient find himself relieved; and a fit that otherwise would have tortured him some weeks, very probably will be removed in as many days; and the matter being more perfectly digested and expelled, the use of the part will be the sooner recovered. The dose is from twenty to forty drops to be taken in the best * double-distilled spirit of pepper-mint, according to circumstances directed in the preceding sheets.

It was my design in this publication to have given the Preparation of the Medicines to the Public; but communicating my intention to a Gentleman of the Faculty, together with the

* Left any difficulty should arise in this particular, it may be had at most Distillers under the name of Double-distilled Cordial Spirit of Pepper-mint, and is the sort meant whenever Pepper-mint is directed.

Compositions of the Medicines, I have, in consequence of his advice, receded from my purpose, for several reasons, besides the insuperable one arising from the many instances of the little regard that is had to the health of mankind, by many preparers of Medicine, when it comes in competition with their Profits; and as some of the Ingredients in these Medicines, which are very expensive, may be represented by a substitute of a dangerous quality that is very cheap, there would be the greatest danger of their being adulterated, and very little probability of their being genuine, especially in the country, where they are free from examination, have all or most of their Medicines from town, and where the chief object is the cheapness of the Medicine; we cannot but suppose this to be the case in general, since some of our Apothecaries, even in town, are so ignorant or base, as to use adulterated and sophisticated Compositions, as appears by an Advertisement from the Censors of the College, at this time in the London Gazette. Therefore, to prevent any danger from such impositions, these Medicines will be made up under the direction and management of a Gentleman of the Profession, who has undertaken to examine the several Substances, and inspect the Preparations, which will be sold under the Title of Mr. SAYER'S MEDICINES for the Govt.



ADVER-

A D V E R T I S E M E N T.

AS a central Situation for the Cities and Suburbs of London and Westminster, the Medicines are to be had of Mr. NEWBERRY, the Corner of St. Paul's Church-yard and Ludgate-street, London; and to authenticate their Genuineness, each Bill of Directions will be signed THOMAS RICHARDSON, the Name of the Person appointed to make them up and dispense them.

The DISSOLVENT PILLS at Seven Shillings per Box.

The ALTERATIVE PILLS at Ten Shillings per Box.

The BALSAMIC EXTRACT at Twelve Shillings per Bottle.

Those who take these Medicines should be always provided with the Whole; and keep so by immediately replacing that which may be first expended; for each Medicine being applicable to a peculiar and critical State of the Body, and Stage of the Disease, the Effects produced by any ONE will be but partial; and it is from the correspondent Effects of the WHOLE, that the BENEFIT to be obtained will be COMPLETE.

* * One Course of the Medicine will be sufficient for a Year.